



Rana Cummins
Independent Facilitator
405-659-0949
whatagreatparent.com
rana.wagp@gmail.com



The Rules of Love and Logic

RULE #1

Adults set firm limits in loving ways without anger, lecture, or threats.

RULE #2

When a child causes a problem the adult hands it back in loving ways.

1. In a loving way, the adult holds the child accountable for solving his/her problems in a way that does not make a problem for others.
2. Children are offered choices with limits.
3. Adults use enforceable statements.
4. Adults provide delayed/extended consequences.
5. The adult's empathy is "locked in" before consequences are delivered.

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2207 Jackson St, Golden, CO 80401

800-338-4065

www.loveandlogic.com



Two Ways to Neutralize Childhood Arguing

1. LOVE AND LOGIC INSTANT EMPATHETIC RESPONSE

The expression of genuine empathy has the amazing ability to soak up emotions.

Learn to use an empathetic statement that comes right from your heart. Use the statement that feels natural to you. Use it every time.

Examples of empathetic statements that work:

- “Oh, no. I bet that feels terrible.”
- “Wow. What a bummer.”
- “I can’t imagine how bad that feels.”

Examples of statements that don’t work:

- “I know how you feel.”
- “I know just what you mean.”
- “I understand.”

2. LOVE AND LOGIC ONE-LINERS TO NEUTRALIZE ARGUING

It is important that Love and Logic One-Liners be used in the “broken record” form.

Example of a Love and Logic One-Liner that should become a habit for you:

“I love you too much to argue.”

Sample dialogue:

CHILD: You never let me do what I want.

PARENT: I love you too much to argue about that.

CHILD: But Sally always gets to do what she wants.

PARENT: I love you too much to argue about that.

CHILD: Yeah, that’s cause you like her better.

PARENT: I love you too much to argue about that. Come talk to me later about something fun. See you, sweetie. Thanks.

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Guiding Children to Solve Their Own Problems

Love and Logic Step One:

Empathy.

“How sad.”

“I bet that hurts.”

Love and Logic Step Two:

Send the “Power Message.”

“What do you think you’re going to do?”

Love and Logic Step Three:

Offer choices.

“Would you like to hear what other kids have tried?”

At this point, offer a variety of choices that range from bad to good. It’s usually best to start out with the poor choices.

Each time a choice is offered, go on to step four, forcing the youngster to state the consequence in his/her own words. This means that you will be going back and forth between Love and Logic steps three and four.

Love and Logic Step Four:

Have the child state the consequences.

“And how will that work?”

Love and Logic Step Five:

Give permission for the child to either solve the problem or not solve the problem.

“Good luck. I hope it works out.”

Have no fear. If the child is fortunate enough to make a poor choice, he/she may have a double learning lesson.

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